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ABSTRACT

This descriptive guide is designed as an ongoing document which focuses on parent education in alcohol and other drug (AOD) prevention efforts. The guide describes available curricula for parent education which are appropriate for K-12 comprehensive AOD prevention and intervention programs in schools and communities. The majority of the programs included are sequential, instructor-led programs which require a minimum of 10 hours of parent and/or family participation. All provide information and practical skill-building opportunities. Instructor training is required for many programs, but all are designed to be easily implemented in schools or communities. Each selection includes a description of the format, content, available training, and materials for the programs. None of the programs included have been evaluated, and none are being endorsed. Reasons for including parenting education programs in a comprehensive plan to prevent AOD use among youth are listed, and guidelines for selecting and implementing a curriculum are included. (LLL)

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Western Regional Center

DRUG -FREE SCHOOLS AND COMMUNITIES

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PARENTING SKILLS CURRICULA: A DESCRIPTIVE GUIDE

February 1991

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PARENTING SKILLS CURRICULA: A DESCRIPTIVE GUIDE

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February 1991

DIRECTOR'S NOTE

The material in this publication was gathered and synthesized by Vicki Ertle and Ann Bickel of the Western Regional Center for Drug-Free Schools and Communities. This descriptive guide is designed as an ongoing document and will be updated in spring 1991. Changes and additions should be sent to the Western Regional Center, labeled "Attention: Parenting Skills Curricula."

The exclusion of existing programs is not intentional. Those included should not be considered as recommended or evaluated by either the U. S. Department of Education or the Western Regional Center. They simply are available programs. Schools and communities should take the utmost time to study the programs to ensure that they meet the needs of their constituents.

Judith A. Johnson, Director
Western Regional Center for Drug-Free Schools and Communities

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INTRODUCTION

Parent education or skill building is only one way to involve parents in a comprehensive alcohol and other drug (AOD) prevention program. Other ways to involve parents include parent outreach that encourages parents to get involved in their children's education, parent participation in planning and advocacy, and parental support group and intervention programs. This guide focuses on parent education in AOD prevention efforts.

Parent Education as Part of a Comprehensive Prevention Program

There are several important reasons for including parenting education programs in a comprehensive plan to prevent AOD use among youth. These are briefly discussed below.

Good parenting is good prevention. The use of effective family management skills works naturally to help prevent the use of alcohol and other drugs.

Family-related factors place students at risk for drug use. Research has shown that several risk factors for AOD use are related to the family and include: inconsistent family management and discipline, unpredictable rules, inappropriate expectations for the child's age, negative role modeling of AOD use, undefined or reversed roles, and the inability to communicate needs and feelings. Developing positive family management skills reduces the risk of drug use by youth.

Family life can be stressful. Daily life for families has become very stressful as a result of the dramatic and rapid changes occurring over the last three decades. This increased stress needs to be managed in a healthy manner to help reduce the risk of drug use by youth.

Family influence is a powerful force. Family and community influences are often more powerful than those of the classroom. This is particularly true for youth through age 10. Using this force in a positive manner is critical to developing a foundation for future abstinence of drugs.

Parent education is *one* component of a comprehensive parent-involvement plan. Involving parents in prevention and education programs is a difficult task. One way of doing it is to provide them with educational programs that meet their needs and interests.

Programs that promote success, empowerment, and control for families have prevention applications. Most parenting programs strive to provide parents with effective childrearing skills and knowledge of how to create a supportive family environment.

Communication skills, problem-solving techniques, building and setting trust limits, and family bonding are among the many parenting skills and concepts taught in the programs included in this guide. Effective parenting classes give parents new information, as well as an opportunity to learn and practice new skills. Programs listed here also share the common goal of empowering parents.

Purpose of the Guide

There are numerous parent education curricula available today. Those known to us are included in this guide. No one program will meet the many needs and goals of a district. One school site may require the use of more than one type of program to meet the needs of its diverse parents. Many of the curricula, especially the newer ones, include basic issues about alcohol and other drugs such as recognizing signs and symptoms, living in alcoholic homes, finding assistance for support, recognizing co-dependency and enabling traps, confronting abusive drug use, and resisting peer pressure. Certain programs target specific ethnic audiences. Some programs are for family units, while others are for parents only. Finally, many of the programs are designed for parents of specific aged children.

To assist schools and others with the task of selecting from the available parent education curricula, we compiled this guide describing parent education curricula appropriate for K-12 comprehensive AOD prevention and intervention programs in schools and communities. The majority of programs included are sequential, instructor-led programs and require a minimum of 10 hours of parent and/or family participation. All provide information and practical skill-building opportunities. Instructor training is required for many programs, but all are designed to be easily implemented in schools or communities. Each selection includes a description of the format, content, available training, and materials for the programs.

As with all educational programs, the curricula described in this guide need to be thoroughly reviewed by the implementers to ensure that they are appropriate for the target group and meet the objectives of the program. None of the programs included have been evaluated, nor does the inclusion of any program constitute endorsement of it.

Guidelines for Selecting a Curriculum

Time and care should be given to selecting a program to increase the probability of success. Below are several guidelines for selecting a program.

DO

- determine the parent population you want to target and its needs and wants;
- ask the faculty what programs they think will best complement their classroom instruction;
- review previous parent education and involvement efforts to get ideas about what works or doesn't work in your specific community;
- review the curricula for reading levels, language appropriateness, and compatibility with parents' cultural backgrounds; and
- compare the program design with your district's philosophy and policy.

DON'T

- select one program with the intention of serving all parents--focusing on one specific group is more effective, especially with respect to culture and age of the children; and
- attempt to combine prevention and intervention programs--programs with different goals will be more effective if implemented separately.

Guidelines for Implementing a Curriculum

As with any program implementation, the energy and care devoted to planning are the important parts of the process. Done well, it's a very powerful experience for families. Done poorly, and parents won't attend, which can create a blaming and hostile relationship between the parent community and the school. Below are some guidelines for implementing a parent education curriculum.

1. Create a plan for outreach and recruitment of the targeted parents.
2. Be creative with your promotional ideas. Use recruitment methods other than promotional flyers, written announcements, and public

service announcements. Face to face, personal invitations are essential.

3. Locate all potential community linkages and resources to assist with outreach, instruction, funding, support, and follow-up. Ideas include providing parent support groups, on-site parent resource centers, "hotlines," safe homes for parent communication networks, recreational activities, and Saturday "parent universities."
4. Decide on appropriate ways to evaluate the impact you expect to have.
5. Create a festive, fun atmosphere for the evenings. Interaction, laughter, and refreshments are necessary to build a learning environment and to retain interest.
6. Don't invite the teachers to participate unless they are part of the targeted audience.

ACTIVE PARENTING OF TEENS

Active Parenting Publishers

810 Franklin Court, Suite B

Marietta, GA 30067

(800) 825-0060

Format

Active Parenting of Teens is a video program for families with teenagers. It is divided into six 1 1/2- to 2-hour sessions generally held weekly. The video features 60 professionally acted, teen-specific vignettes that depict family situations. Class exercises include discussion, role playing, weekly homework assignments, and group feedback.

Content

Sessions cover a variety of topics familiar to families with teens: problem solving to enrich family life, promoting confidence and independence, developing responsibility through discipline, practicing active communication, saying no to peer pressure concerning substance use, detecting drug use and confronting teens who use drugs, and communicating family values about teen sexuality.

Training

Training is recommended, but not required. A one-day leader's certification workshop is \$99 per person. Participants receive a leader's guide, parent handbook, action guide, and leader certification.

Materials

The package of materials costs \$295 and includes: leader's guide, videotape, parent's guide, preview tape, parent brochures (24), posters (2), and an illustrated poem, "Letting Go."

ACTIVE PARENTING DISCUSSION PROGRAM

Active Parenting Publishers

810 Franklin Court, Suite B

Marietta, GA 30067

(800) 825-0060

Format

The *Active Parenting Discussion Program* is a video-based discussion program for parents of children age 12 and under. It is divided into six 1 1/2- to 2-hour sessions generally held weekly.

Content

The program teaches problem solving, active listening, conducting family meetings, applying logical consequences, and developing responsibility. Forty-five brief, professionally acted videotapes depict typical family life scenes. Class exercises include discussion, role playing, readings, practice, group feedback, and home assignments. Alcohol and other drug content is not specifically included.

Training

Training is recommended, but not required. A one-day leader's certification workshop is \$99 per person. Participants receive a leader's guide, parent handbook, action guide, and promotional guide.

Materials

The package of materials is \$295 and includes: leader's guide, videotape, video preview tape, parent handbook, action guide, promotional guide, publicity posters, and parent brochures (25).

COMMUNICATION SKILLS FOR FAMILIES

Project INFO, Inc.
9401 S. Painter Avenue
Whittier, CA 90605
(213) 698-9436

Format

Project INFO's *Communication Skills for Families* is designed to strengthen families by teaching them how to communicate and create a mutually respectful home environment. The curriculum, in Spanish, includes seven 2½-hour sessions for parents and their children ages 10 and over. The program is experiential, practice-based, and includes small and large group activities. Social time is incorporated into each session and is an integral part of the total program. The sessions are led by a team of trained parents and educators who teach through demonstration, discussion, role-playing, and small group activities.

Content

Topics covered include communication barriers, effective listening, assertive communication, clarifying values and needs, expressing anger, cooperating and negotiating strategies, understanding AOD problems, and building nourishing family environments.

Training

Instructor training is required and negotiated individually.

Materials

The curriculum is in Spanish only and will be available spring 1991. It includes an outline for each session, specific directions for the leader, group activities, and participant handouts.

CONFIDENT PARENTING: SURVIVAL SKILL TRAINING

Center for the Improvement of Child Care (CICC)
11331 Ventura Boulevard, Suite 103
Studio City, CA 91604
(818) 980-0903

Format

Confident Parenting: Survival Skill Training is for parents of children ages 2 to 12 and consists of 10 two-hour sessions. Skills are taught through a structured sequence of mini-lectures, instructor demonstration, parental role playing, and home-behavior change projects. It can be used in a variety of settings (and with different cultural groups), such as community agencies, child abuse prevention programs, regular and special education settings, Head Start agencies, treatment clinics, churches, and temples.

Content

Parents are taught to manage a variety of behavior problems, such as disobedience, aggressiveness, tantrums, disruptiveness, and fears. They also learn techniques for effective praising and ignoring, mild social punishment, "time out" procedures for misbehavior, setting up special incentive systems, and setting limits. Specific AOD content is not included.

Training

Training is recommended, but not required. A three-day instructor's training workshop for a minimum of 15 trainees is \$425 per participant. The workshop fee includes an instructor's kit containing an instructional manual, transparencies, video demonstration tape, family rule cards, promotional flyers, and one parent book. Official instructor certification requires that workshop graduates conduct one 10-session program.

Materials

Curriculum components include an instructor's manual (\$60), instructional transparencies (\$35), family rule cards (\$55), video skills demonstration tape (\$15), a parent book (\$8.95), promotional flyers (\$8 per packet of 100), and *Parent Training: A Social Necessity* (\$17.95).

DEVELOPING CAPABLE PEOPLE

Sunrise Books, Tapes, and Videos

P.O. Box B
Provo, UT 84603
(800) 456-7770

Format

Developing Capable People is designed for parents with children of all ages. The eight-week class is given in two half-hour sessions. Skills are taught through audiotapes, role playing, and active group discussion.

Content

Participants learn skills to help their children build competency, personal responsibility, and self-esteem. The program teaches family management techniques to reduce conflict, develop self-discipline, and to improve motivation achievement.

Training

Training is recommended, but not required. A three-day skills training workshop for facilitators is available to groups of 18-36 participants. Enrollment fees will vary according to the workshop leader.

Materials

The curriculum components include a leader's manual (\$49.95), participant's workbook (\$6.95), audiotapes (\$49), *Raising Self-Reliant Children in a Self-Indulgent World* (\$9.95), and *Positive Discipline* (\$7.95). Discounts on all materials are available with training.

EFFECTIVE BLACK PARENTING PROGRAM

Center for the Improvement of Child Care (CICC)

11331 Ventura Boulevard, Suite 103

Studio City, CA 91604

(818) 980-0903

Format

The *Effective Black Parenting Program* is most appropriate for African-American parents with children ages 2 to 12. The program contains 15 3-hour sessions. Each session includes a review, demonstration, role playing of skills, and homework projects.

Content

The program teaches a variety of parent management strategies including: modern African-American self-discipline, family rule guidelines, small-talk time, effective praise, verbal confrontation, "time out," and the point system. The importance of pride in Blackness, African heritage, and the courage and strengths of African-American families are reinforced continually. Special instructional units on substance use prevention and single parenting are available.

Training

Training is recommended, but not required. A five-day instructor training workshop for a minimum of 15 trainees is \$795 per participant. The workshop fee includes the instructor's kit, which contains an instructional manual; instructional transparencies; promotional video; recruitment flyers; graduation certificates; and one parent handbook.

Materials

The materials include instructor's manual (\$150), instructional transparencies (\$110), promotional video (\$15), promotional flyers (\$8 for 100), graduation certificates (\$5 for 25), *Effective Black Parenting: A Review and Synthesis of Black Perspectives* (\$14.95), *Black Parenting: Strategies for Training* (\$19.95), and parent handbook (\$15).

IT'S TIME TO TALK

Minnesota Prevention Resource Center (MPRC)

2829 Verndale Avenue
Anoka, MN 55303
(612) 427-5310

Hazelden Community Prevention and Professional Education (HCPPE)

Box 11
Center City, MN 55012
(800) 822-0080, ext. 4607

Format

It's Time To Talk is a short, informative program about alcohol and other drugs and initiating family discussions on the subject. It was developed in conjunction with the Duluth Public Schools, the Harbortown Rotary, and Hazelden Health Promotion Services. The program can be presented in one to three sessions and is for parents with children of all ages.

Content

Parents are taught specific information on alcohol and other drugs, how to develop personal and healthy criteria for decision making, how to initiate discussions about substance use and abuse, and techniques for modeling healthy family behaviors.

Training

Training is not required, but it is available from Hazelden Community Prevention and Professional Education. Leaders familiar with group facilitation and group process do not require training. The facilitator's guidebook is scripted and provides optional group activities and handouts that can be reproduced.

Materials

Materials are available from either MPRC or HCPPE.

LIVING WITH 10 TO 15 YEAR OLDS, A PARENT EDUCATION CURRICULUM

Center for Early Adolescence

University of North Carolina at Chapel Hill
Suite 211 Carr Mill Mall
Carrboro, NC 27510
(919) 966-1148

Format

Living with 10 to 15 Year Olds, A Parent Education Curriculum is a developmentally based, flexible, 20-hour curriculum designed to be used in a variety of ways such as: (a) weekly parent support group discussions; (b) continuing education workshops for professionals or volunteers; (c) get-acquainted sessions for parents with children entering middle or junior high school; and (d) as the focal point of a community-wide conference on early adolescents.

Content

The following topics are included: living with 10 to 15 year olds, parents and early adolescents; talking about sex, risk-taking behavior, and early adolescents; and understanding early adolescence. Each topic has three corresponding workshops dealing with family issues, such as establishing rules and limits, communicating with early adolescents about sexuality, understanding risk-taking behavior in early adolescents, family interaction, and risk-taking behavior.

Training

Training is not required, but it is offered in two half-day sessions for \$375 per participant. Continuing education credits are offered.

Materials

Materials include: a 280-page training curriculum, three handbooks, "Understanding Early Adolescence: A Framework," "Understanding Families with Young Adolescents," and "Early Adolescence: What Parents Need to Know," planning suggestions, possible agendas, workshop designs, handout materials, lists of suggested reading, and a publicity kit. The cost is \$65 plus 10% shipping.

LOS NIÑOS BIEN EDUCADOS

Center for the Improvement of Child Caring (CICC)

11331 Ventura Boulevard, Suite 103

Studio City, CA 91604

(818) 980-0903

Format

Los Niños Bien Educados is for Spanish-speaking and Hispanic parents with children between the ages of 2 and 12. The curriculum is 12 3-hour sessions that can be taught in Spanish or English.

Content

The program is based on the value of raising children to be *bien educados* or well-behaved in a social and personal sense as well as in an academic sense. Hispanic family traditions and customs are integrated into every session and the impacts of acculturation also are woven throughout the lessons. The program is intended to promote healthy family communication, child growth and development, and self-esteem. A range of specific parenting skills is taught, including effective praise, verbal confrontation, "time-out," family *platicas*, and special incentives. *Dichos* are used in teaching basic skills and concepts.

Training

Training is recommended, but not required. Bilingual, bicultural instructors are preferred. A five-day training workshop for a minimum of 15 trainees is \$795 per participant. Participants receive an instructor's kit, which includes an instructional manual and transparencies, parent-expectation cards, promotional flyers, graduation certificates, and one parent handbook.

Materials

Prices are as follows: instructor's manual (\$150), instructional transparencies (\$110), parent-expectation cards (\$55), parent handbooks (\$17), promotional flyers (\$8 for 100), and graduation certificates (\$5 for 25). The materials come in English or Spanish.

NEIGHBORHOODS IN ACTION

Neighborhoods in Action

Scott Newman Foundation
6255 Sunset Boulevard, Suite 1906
Los Angeles, CA 90028
(213) 469-2029
(800) 783-6396

Format

Neighborhoods in Action educates parents and other community members about preventing AOD use by youth in their homes and neighborhoods. It is conducted in two 2-hour sessions in homes, schools, or through various community organizations, such as a neighborhood watch group. The program is facilitated by a trained community member who is assisted by a prevention specialist and a law enforcement officer.

Content

Through the use of videos, local experts, and audience participation, the program covers how drugs affect the community, signs and symptoms of drug use, communication skills for parents, community prevention strategies, accessing community resources, and building parent networks.

Training

Training for group facilitation is required and provided by the Scott Newman Foundation. Trained facilitators are expected to develop parent networks in their communities. The fee for one group (70 participants maximum) and two trainers is \$600 per day plus expenses.

Materials

The materials include: video (\$10.95), parent guide (\$2), and facilitator's manual (\$12). The video is dubbed in Spanish and the parent guide is translated into Spanish.

PADRES POSITIVOS

Santa Barbara County Drug Program Office

300 N. San Antonio Road
Santa Barbara, CA 93110
(805) 681-5440

Format

Padres Positivo is an eight-session program in Spanish to be used exclusively with Latino parents of children age 12 or under.

Content

Each session includes information and skill-building practice. Identity, communication, cooperation, discipline, and alcohol and other drug use are covered.

Training

Training is individually arranged.

Materials

An implementation manual is available from the Santa Barbara County Drug Program Office.

PARENT EFFECTIVENESS TRAINING (PET)

Effectiveness Training

531 Stevens Avenue
Solana Beach, CA 92075
(619) 481-8121

Format

PET is a skill-building program for parents. Developed in 1962, the program is appropriate for parents with children of any age. It is a 24-hour course, usually taught in eight 3-hour sessions. Instructors use experiential activities, role playing, skill practice, didactic presentations, group discussions, and audiotaped demonstrations.

Content

Skills taught include: active listening, I-messages, non-authoritarian methods for problem resolution, mediating child-child conflicts, methods for organizing the home environment to avoid unnecessary family conflicts, and skills for communicating parental values. AOD content is not a specific focus.

Training

Training is required to purchase materials and to teach the course. Training is 5 1/2 days, costs \$595 per participant, and is taught in groups of 25. The enrollment fee includes instructor materials and membership in Effectiveness Training, which continually updates the program with new formats and materials. To become fully certificated, one PET course must be taught.

Materials

Materials available to certified instructors include a textbook, a 112-page workbook, and certificates of completion. Materials are available in Spanish and English, and the parent text has been translated into several other languages. *PET* also is available as a self-instructional, home-study program, including a textbook, workbook, and audiotape. The price is \$29.95. In spring 1991, *PET* will be available as a complete video program for use with individual parents or with groups.

PARENTING: THE UNDERDEVELOPED SKILL

The National PTA
700 North Rush Street
Chicago, IL 60611-2571
(312) 787-0977

Format

Parenting: The Underdeveloped Skill is an information program designed for families with preteens and teens. It is a joint project of the National Congress of Parents and Teachers (National PTA) and the March of Dimes.

The program consists of a variety of materials designed to help PTA and parent groups conduct meetings and plan activities to improve parenting skills. The materials can be used to run meetings over a period of two years or can be used selectively to serve the particular interests and needs of individual PTAs. The program kit includes a leader's manual, meeting ideas, a core meeting activity, and background information for each session.

Content

Sixteen "meeting cards" focus on issues such as decision making, physical fitness, self-esteem building, teen stress, saying no to tobacco, alcohol and other drugs, and choosing positive life goals.

Training

No special training is required. A leader's guide provides detailed suggestions for conducting parent meetings.

Materials

The materials are \$10 for PTA members and \$25 for non-members. The kit contains: leader's guide, 16 meeting cards, six copy-ready products, meeting handouts, and seven publications for background information that may be ordered in quantities sufficient for handouts.

PARENT TO PARENT

PRIDE Parent Training

1240 Johnson Ferry Place, Suite F10
Marietta, GA 30068
(404) 565-5257

Format

Parent to Parent is a video program designed to provide parents of preteens and teens with information and skills. There are eight 1-hour workshop sessions. Each includes a video presentation, discussion, exercises, and role-playing experiences.

Content

Workshop content includes causes and effects of adolescent AOD use, prevention strategies, early warning signs for intervention, adolescent development, communication skills, and discipline alternatives.

Training

A two-day training session is required to conduct parent workshops.

Materials

The basic cost, \$6,550, includes training for two people, eight video modules, two facilitator guides, 50 parent kits, and 500 promotional brochures. A second system, with similar format and cost, *The African American Parent to Parent Drug Prevention Workshop*, also is available.

PREPARING FOR THE DRUG (FREE) YEARS

Developmental Research and Programs

130 Nickerson, Suite 107

Seattle, WA 98109

(206) 781-0707

Format

Preparing For the Drug (Free) Years is designed to give parents practical tools for translating research on risk and protective factors into practical applications for healthy families. The program is for parents of children ages 9 to 12. It consists of five 1½- to 2-hour sessions led by trained co-facilitators and uses lecture, discussions, videos, group activities, and practical demonstrations.

Content

Topics include how to prevent drug abuse in the family, setting guidelines, peer resistance skills, conflict management, and strengthening family bonds.

Training

Training is required. A three-day workshop at Developmental Research and Programs costs approximately \$275 per participant. On-site training also is available for approximately \$6,800 (plus expenses) per group. Participants receive a workshop leader guide and family activity book.

Materials

A curriculum kit costs \$1,095 and contains materials for five parent-training workshops: 35 family activity books, two leader guides, five videotapes, and a set of transparencies. The materials also are available in Spanish.

PROJECT CODE: COLLABORATING ON DRUG EDUCATION

Project CODE

3516 Tony Drive
San Diego, CA 92122
(619) 453-2361

Format

Project CODE: Collaborating on Drug Education is a curriculum that trains trainers. It teaches parent, school staff, and community member teams about drug abuse prevention in families with school-age youth. Once trained the "CODE" teams are equipped to: (a) deliver a 10-hour substance abuse prevention workshop to families; (b) provide education and ongoing support to families; (c) establish a family resource center; (d) develop community partnerships; and (e) institutionalize drug prevention programs at school sites and in the community.

Content

The 60-hour CODE training consists of three parts. Part I is a prevention workshop for families that includes facts about alcohol and other drugs, effects of use and abuse, and family responsibilities for prevention. Part II involves developing collaboration skills, including group facilitation strategies, locating resources, decision making, and action planning. Part III involves working with families, schools, and communities (including those of cultural diversity); community partnerships; and setting up family resource centers.

Training

Training is required and is provided in two parts, with three to four months in between sessions. Part I is five days and costs \$350 per participant. Part II is three days and costs \$250 per participant. Both require a minimum of 24 participants. Travel, per diem, and lodging for two trainers are additional.

Materials

Training manuals and a textbook are included in the cost of training. In addition, each CODE team needs to purchase a set of training materials for \$360.

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)

American Guidance Service

Publisher's Building
Circle Pines, MN 55014
(800) 328-2560

Format

STEP is a practical parenting program for parents of young children. It is nine 2- to 2½-hour sessions. Sessions include lectures, group discussion and validation, and role playing. Vignettes, available in audio and video, are recent program additions.

Content

Family management skills taught include decision making, conducting family meetings, confidence building, effective listening, and expression of feelings. No specific AOD content is included.

Training

Training is recommended, but not required. Leader training workshops are available for \$99 per participant.

Materials

A complete *STEP* kit containing two videocassettes is \$245. A kit containing five audiocassettes is \$125. Both kits include a leader's manual, parent handbook, chart, discussion guidelines poster, publicity materials, and sample certificate of participation. A supplemental booklet, *STEP for Substance Abuse Prevention*, also is available. Ten booklets cost \$9.95. *PECES: Padres Eficaces Con Entrenamiento Sistemático*, a Spanish-language version, also is available.

STEP/TEEN: SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF TEENS

American Guidance Service
Publisher's Building
Circle Pines, MN 55014
(800) 328-2560

Format

STEP/Teen: Systematic Training For Effective Parenting of Teens is a practical parenting program based on the same principles as STEP (described on p. 24), but is designed for parents of teens. The 10 2- to 2½-hour sessions use group discussion to teach specific parenting skills and a system of communication. Vignettes, available in audio and video, are recent program additions.

Content

STEP/Teen teaches about building positive relationships, handling emotions, encouraging self-esteem, using effective listening skills, expressing feelings and exploring alternatives, using natural and logical consequences, and dealing with discipline challenges. No specific AOD content is included.

Training

Training is recommended, but not required. Leader training workshops are available for \$99 per participant.

Materials

A complete *STEP/Teen* kit containing two videocassettes is \$245. A kit containing five audiocassettes is \$125. Kits also include a leader's guide, parent guide, publicity aids, discussion guide cards, and a sample certification of participation. A supplemental booklet, *STEP for Substance Abuse Prevention*, also is available for use with the program. Ten booklets cost \$9.95.

TALKING WITH YOUR KIDS ABOUT ALCOHOL

The Prevention Research Institute

629 North Broadway, Suite 210

Lexington, KY 40508

(606) 254-9489

Format

Talking with Your Kids About Alcohol is designed to increase the incidence of abstinence, delay the onset of use, and reduce high-risk use. It is a 10-hour course taught in four sessions lasting 2½ hours each and is for parents with children of all ages. Information is provided through group discussion and role playing.

Content

Detailed information about alcohol usage and biological and societal risk factors is given in the first two sessions. Communication skills, resisting peer pressure, and techniques for setting clear expectations and consequences about drinking are presented in the last two sessions.

Training

Training is required. It is four days long, conducted by the Prevention Research Institute, requires a minimum of 35 participants, and is \$425 per participant. Certification is given after teaching one complete 10-hour course for parents and receiving positive evaluations from them.

Materials

The training cost includes the following materials: instructor's manual, 180 colored slides, handouts, five parent books, and evaluation forms for parents. Additional parent books are \$10 each.

TEACHING PARENTING

Sunrise Books, Tapes and Videos

P.O. Box B

Provo, UT 84603

(800) 456-7770

Format

Teaching Parenting is a multi-session, experience-based program for parents of children all ages. The number and length of the individual sessions can be determined by the instructor. Skills are taught through group discussion, role playing, and homework practice.

Content

Participants learn parenting skills to reinforce mutual respect. The program is designed to complement other Sunrise materials. Course content includes positive discipline, conflicts resolution, self-discipline, sharing family roles and responsibilities, sibling relationships, and general family management strategies. Specific alcohol and other drug content is not included.

Training

Training is not required. However, two-day training workshops are available for facilitators. Enrollment fees vary.

Materials

The *Teaching Parenting* manual is \$29.95. Other suggested books include *Raising Self-Reliant Children in a Self-Indulgent World* (\$9.95) and *Positive Discipline* (\$7.95).

THE NEXT STEP

American Guidance Service
Publisher's Building
Circle Pines, MN 55014
(800) 328-2560

Format

The Next STEP is a six-session follow-up program for STEP and STEP/Teen participants. It is designed to refine parenting skills and for application to specific problems at home. The format is based on a seven-step problem-solving sequence.

Content

Group consensus determines session topics. Typical topics include self-esteem building, "gentle strength and firm love," and how lifestyle beliefs affect parenting. Adaptations for single parents, step-parent families and families with young children are included. Specific AOD content is not included.

Training

Training is recommended, but not required.

Materials

Next STEP materials are \$99.50 and include a leader's guide, participant handbook, three audiocassettes, problem-solving chart, publicity aids, and sample certificate of participation. A video also is available for \$79.

THE NURTURING PROGRAMS

Family Development Resources, Inc.

7687 Buckboard Circle
Park City, Utah 84060
(800) 688-5822

Format

The Nurturing Programs is a series of four programs designed to reduce family dysfunction and build healthy family interactions. It is intended for parents, infants, children, and adolescents. All program sessions range from 45 minutes to 2 1/2 hours, have a specific focus, and draw on knowledge and skills from previous sessions.

Content

Nurturing Program for Parents and Children Birth to Five Years is a 45-session home-based or 23-session group-based program that teaches nurturing parenting routines, alternatives to hitting, child development principles, and ways to encourage self-esteem in individuals and children. *Nurturing Program for Parents and Children 4-12 Years* is a 15-session group-based program that teaches parents and children healthy interaction patterns, ways to encourage appropriate behaviors, methods of building self-esteem, and ways to have fun as a family. *Nurturing Program for Parents and Adolescents* is a 12-session group-based program that teaches families communication skills, developmental needs of adolescents, identification of mutual needs, and self-esteem strategies. *Nurturing Program for Teenage Parents and Their Families* is a 40-session home-based or 20-session group-based program that teaches teenage parents age-appropriate expectations and appropriate behavior-management strategies.

Training

Training is not required, but available for \$200 to \$350 per participant.

Materials

Materials are included in the training fee, but they also can be purchased separately. Each program has different materials, (e.g., instructional manuals, games, and audiovisual presentations) available at different prices.

THE STRENGTHENING FAMILIES PROGRAM

Health Education Department, Annex 2005

Karol L. Kumpfer, Ph.D.

University of Utah

Salt Lake City, UT 84112

(801) 581-5872

Format

The Strengthening Families Program has the following two curricular programs: *The Parent Training Program* for parents currently in treatment who have children ages 6-12 and *The Family Life Skills Program* for families with at least one parent in an AOD abuse treatment facility. Both were developed under a National Institute on Drug Abuse (NIDA) research project.

Content

The *Parent Training Program* is 14 30-minute weekly sessions for parents. The program teaches identifying problem behavior; and ignoring inappropriate behavior and rewarding appropriate behavior through explanation, demonstration, role playing, practice, and follow-up homework. The *Family Life Skills Program* is 14 2-hour weekly sessions for parents and children. The program teaches effective listening; conflict resolution; verbal appreciation; developing rules; time-out; and consequence management through explanation, demonstration, role playing, practice, and follow-up homework.

Training

Training is recommended, but not required. A three-day leader's training is available. Cost is negotiated on an individual basis.

Materials

Five manuals and an evaluation package cost \$100.

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Services**
Joe Jones, Director

The Northwest Regional Educational Laboratory (NWREL) is an independent, nonprofit research and development institution established in 1966 to help others improve outcomes for children, youth, and adults by providing R&D assistance to schools and communities in providing equitable, high quality educational programs. NWREL provides assistance to education, government, community agencies business, and labor by:

- Developing and disseminating effective educational products and procedures
- Conducting research on educational needs and problems
- Providing technical assistance in educational problem solving
- Evaluating effectiveness of educational programs and projects
- Providing training in educational planning, management, evaluation, and instruction
- Serving as an information resource on effective educational programs and processes, including networking among educational agencies, institutions, and individuals in the region

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